



WELCOME NEW CHIEFS

Chiefs for 2019-2020 class have been elected. We congratulate and welcome Jen Blume, Storm Horine, Omar Malas & Kate Rodenbeck. We asked to get to know them a bit!

Jen Blume

I was born and raised in Orland Park, IL (30 mins Southwest of Chicago). I grew up riding horses with my 2 older sisters and currently still have one back in Illinois. I attended the University of Illinois-Urbana-Champaign where I met my husband. I went to Michigan State University College of Human Medicine and completed my first two years in Grand Rapids and my third and fourth year in Flint, MI. My husband and I got married in Chicago before residency. He is an ENT resident in Mt. Clemens and we have a Chihuahua-Shetland mix dog. We love anything outside, including biking, running, SCUBA, and skiing. I hope to complete a fellowship in cardiac anesthesia.





Storm Horine

I was born in Michigan and grew up in Connecticut with my brother. My family came back to Michigan every year to visit our cousins, who actually live in Ann Arbor. I studied Psychology at Johns Hopkins, taught for Kaplan for a year in Boston, and then came to UM for medical school. When I've got free time, I enjoy reading, skiing, and traveling. I'm looking forward to next year!

Omar Malas

I grew up in East Lansing, MI in a close-knit Muslim family with four other siblings. I attended the University of Michigan for undergrad (trading Spartans for Wolverines) where I majored in Near-Eastern Studies. I then went to the University of Chicago for medical school and met my wife Salma (pictured), an aspiring professor of Arabic linguistics/literature. We spend most of our free time running, hanging out with our families, mastering a slew of nerdy board games, and playing



Super Smash Bros. After graduation I plan on pursuing a fellowship in cardiac anesthesia.



Katherine Rodenbeck

I'm Kate/Katie/Katherine/any name that starts with "K." I grew up in Indiana and

then fled east for medical school at Georgetown in Washington, DC. I have an older brother who stole my best friend from med school and married her; they live in Indianapolis. In my spare time, I enjoy collecting candles, ice skating, being a vegetarian, and searching the internet for small animals I would like to adopt. I'm planning to pursue a fellowship in cardiac anesthesia post-residency!

Body Substance Exposure

If you are stuck by a needle or other sharp or get blood or other potentially infectious materials in your eyes, nose, mouth, or on broken skin, immediately flood the exposed area with water and clean any wound with soap and water or a skin disinfectant if available

Below is the link to the OHS website:

<https://hr.umich.edu/benefits-wellness/health-well-being/occupational-health-services/site-manual/body-substance-exposures>

According to the NIOSH Alert Preventing Needlestick Injuries in Health Care Settings, it is estimated that 600,000 to 800,000 needlestick injuries (NSIs) and other percutaneous injuries (PIs) occur annually among health care workers. PIs are caused by sharp objects such as scalpels, suture needles, wires, trochanters, surgical pins, and saws.

Studies show that as many as 1/3 of all sharps injuries occur during disposal. Prevention is key!

- **Do not recap needles**
- **Do not find work-arounds or shortcuts for safety equipment**
- **Do not overfill sharps containers or place large items in small containers**
- **NEVER reach into a sharps container or use an instrument to retrieve items in the sharps container (even if you've dropped controlled substances in there!)**

Fatigue

Fact: Individuals are NOT able to accurately judge their tolerance to the effects of sleep loss

**Look out for one another, especially on call. A fatigued resident may not always request a break. Offer one and utilize the entire call team to fend off fatigue.*

- *Surveys show that more than 60% of Anesthesiologists report making fatigue-related errors*

- There is a 50% greater risk of blood-borne pathogen exposure incidents in residents between 10PM and 6AM (Parks, 2000)

Fact: Less than 8 hours of sleep per night creates a sleep debt that must be paid off

Fact: Human beings do not adapt to getting less sleep than they need

Fact: It takes only a 4 second lapse in attention to have a drowsy driving crash

- Take advantage of FREE rides when fatigued (also can use if you are ill or a family member has an illness or emergency)

To request a ride, call the Department of Public Safety at (734) 763-1131 (this service is available 24 hours a day, 7 days a week, but limited to 6 times per year. If additional rides are needed, please see Pam Funderburk for reimbursement of Taxi)

For the return trip reimbursement, please see Pam Funderburk

Watch for the Warning Signs:

- Feeling restless and irritable
- Having to check your work repeatedly
- Having difficulty focusing on patient care
- Feeling like you really just don't care

Alertness Strategies:

- Some sleep is always better than no sleep
- Napping: Take short naps < 30 minutes or long naps > 2 hours to avoid grogginess that occurs when you are awakened from deep sleep
- Take advantage of circadian rhythms when possible and nap between 2-5 AM or 2-5 PM
- Get adequate sleep before anticipated sleep loss
- Plan for 2 nights of extended recovery sleep after sleep loss
- Develop healthy sleep habits:
 1. Have a sleep routine and try to stick to the same schedule of going to bed and waking up
 2. Develop a pre-sleep routine
 3. Use relaxation to help you fall asleep
 4. Unplug—turn off phone, television, etc.

Personal Emergencies

They happen to all of us one time or another! If you find yourself in this predicament, here is what you do:

During normal hours: Notify Pam Mulholland. Please stress that you need to get out immediately. She will mobilize resources to get you out of the OR. If she is not available, her backup is Heather Wourman.

Outside of normal work hours: Notify the floor runner / CA-3 on call. Again, please stress the immediacy of the situation. You do not need to go into details at this time!

WELLNESS EVENTS



Big House 5k & brunch



Bowling at Revel & Roll



Decorating Sweet Cases: duffel bags for foster children.

UPCOMING WELLNESS EVENTS

- Bill's Beer Garden get-together - **Thrs April 18 @ 630pm**. Food and drink on us!
- Huron River Float! - June date tbd
- TreeRunner Adventure Park (Ropes Course) in West Bloomfield: <https://www.treerunnerwestbloomfield.com>

Community Resources accepting UM Premier Care:

Ann Arbor Consultation Services (evening and weekend hours available)

734-996-9111

a2consultation.com

Huron Valley Consultation Center (evening and weekend hours available)

734-913-1093

Heronridgeassocs.com

Lotus Consulting (psychotherapy only—no psychiatrists)

734-478-7358

Lotusconsultingpllc.com

Urgent / Emergency Services

U-M Psychiatric Emergency Services (Available 24/7)

Hotline 1-800-273-8255

National Suicide Prevention

Hotline 1-800-273-8255



Anesthesia
WELLNESS COMMITTEE